

St. Joseph's Healthcare System

NJ DSRIP Learning Collaborative 1:
Hospital-Based Educators Teach Optimal Asthma Care

Rachel Morales, MS, RRT, AE-C, CTTS
Asthma Program Coordinator
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SJHMC ASTHMA PROGRAM

Full Implementation of Asthma Program January 26, 2015

- ☐ Pediatrics and Adult Population
 - ☐ Inpatients
 - ☐ Outpatients

Interdisciplinary Team Roles

Asthma Education	Pediatric Resident	Nurse	RT	Pharmacist	Case Manager	Asthma Navigator	Paramedic
Discuss all items that trigger patient's asthma	✓					✓	
Provide a written copy of Asthma Treatment Plan, after discussing all aspects of plan	✓					✓	
Display Roxy to the recue video and channel 56 (pediatric nurses)		✓					
Teach correct techniques for administering medication Properly			✓			✓	
Initiate interdisciplinary form /Page asthma Educator		✓					
Counsel patients on asthma medications /access of meds/ dispense Meds				✓		✓	
Reinforce asthma education/ discuss asthma discharge folder . Provide asthma self-management knowledge		✓				✓	
Access of home meds & equipment/ indigent care/follow-up appointments/transition of care				✓	✓	✓	
Home Evaluations							✓

The Four Phases

Phase 1

- ✓ Promote NHBLI guidelines
- ✓ Understanding Asthma
- ✓ Asthma Medications
- ✓ Inhalers and Nebulizers



Phase 2

- ✓ Asthma Triggers
- ✓ Healthy Home Assessment



Phase 3

- ✓ Asthma Action Plan
- ✓ The Peak Flow Meter



Phase 4

- ✓ Follow up appointments
- ✓ Smoking Cessation Program

Asthma Education Materials

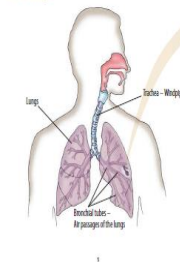
TABLE OF CONTENT:

1. What is Asthma?
2. When You Have Asthma
3. Top Ten Actions to Control Asthma Triggers in Your I
4. Control these Asthma Triggers:
5. How to Use a Peak Flow Meter
6. How to Use Your Inhaler
7. Trigger Tracker 1
8. Trigger Tracker 2

What Is Asthma?

Asthma is a chronic lung disease that causes the airways to become inflamed and narrow. This makes it difficult to breathe, especially during an asthma attack. Symptoms include wheezing, coughing, chest tightness, and shortness of breath.

Inside Your Lungs



When You Have Asthma



Control these Asthma Triggers:

Tobacco Smoke Dust Mites
Pets - Rodents & Rabbits
Pet Dander Mold & Mildew Strong Odors

More on the Top Ten Actions:

1. Smoke-free zone: No smoking indoors (or in the car).
2. Cover mattresses, box springs and pillows with spe allergen-proof encasings.
3. Remove carpets in the bedroom or vacuum often.
4. Regularly clean your home to remove dust.
5. Wash bedding in hot water weekly.
6. Fix leaks and moisture problems.
7. Store all food in tight-seal containers or in the fridge.
8. Clean up crumbs and dirty dishes and remove garbage.
9. Keep cats, dogs, and cages out of your home.
10. Avoid using products with strong odors around the home.

Top Ten Actions to Control Asthma Triggers in Your Home

1. No smoking indoors (or in the car).
2. Cover mattresses, box springs and pillows with spe allergen-proof encasings.
3. Remove carpets in the bedroom or vacuum often.
4. Regularly clean your home to remove dust.
5. Wash bedding in hot water weekly.
6. Fix leaks and moisture problems.
7. Store all food in tight-seal containers or in the fridge.
8. Clean up crumbs and dirty dishes and remove garbage.
9. Keep cats, dogs, and cages out of your home.
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How to Use a Peak Flow Meter

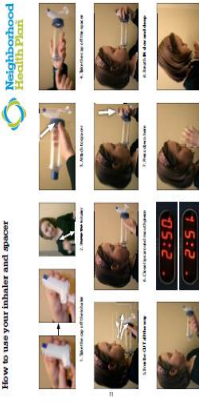


Peak Flow Meter Chart: Week 1

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Best							
Typ							
Low							
Control							
Notes							

Peak Flow Meter Chart: Week 2

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Best							
Typ							
Low							
Control							
Notes							



St. Joseph's Healthcare System

ASTHMA PROGRAM
844-827-8442
asthma@sjhs.org

Patient/Family Education Material

St. Joseph's Regional Medical Center
750 Main Street
Naperville, IL 60563

St. Joseph's Wayne Hospital
A Division of St. Joseph's Regional Medical Center
214 Main Street
Wayne, IL 60187

877.757.5195 (Toll Free)
www.stjosephshealthcare.org

How to Use a Nebulizer

NEBULIZERS are a good way to give asthma medication to young children or anyone who has trouble using an inhaler. To give your child medication safely, follow these steps:

1. Place the nebulizer on a flat surface.
2. Attach the tubing to the nebulizer.
3. Place the mask over your child's mouth and nose.
4. Turn on the nebulizer and breathe in the mist.
5. Breathe in deeply and hold your breath for a few seconds.
6. Repeat steps 3-5 until the nebulizer is empty.
7. Clean the nebulizer after each use.
8. Store the nebulizer in a clean, dry place.

Trigger Tracker 1

Trigger Tracker 2

Trigger Tracker 3

Trigger Tracker 4

Trigger Tracker 5

Trigger Tracker 6

Trigger Tracker 7

Trigger Tracker 8

Trigger Tracker 9

Trigger Tracker 10

ASTHMA QUEST

ACTIVITY BOOK

Get More Information:

www.stjosephshealthcare.org
www.stjosephs.org
www.stjosephs.org/asthma

Asthma Treatment Plan - Student

Student Name: _____

Teacher Name: _____

Classroom: _____

Grade: _____

Medication: _____

Triggers: _____

Emergency Plan: _____

Notes: _____

Childhood Asthma Control Test for children 4 to 11 years old.

Know the signs.

1. During the past week, how often have you noticed your child having a cough or wheezing at night?

2. During the past week, how often have you noticed your child having a cough or wheezing during the day?

3. During the past week, how often have you noticed your child having a cough or wheezing when they are active?

4. During the past week, how often have you noticed your child having a cough or wheezing when they are resting?

5. During the past week, how often have you noticed your child having a cough or wheezing when they are sleeping?

6. During the past week, how often have you noticed your child having a cough or wheezing when they are eating?

7. During the past week, how often have you noticed your child having a cough or wheezing when they are playing?

8. During the past week, how often have you noticed your child having a cough or wheezing when they are talking?

9. During the past week, how often have you noticed your child having a cough or wheezing when they are laughing?

10. During the past week, how often have you noticed your child having a cough or wheezing when they are crying?

SJHMC ASTHMA PROJECT DATA

Date of Service	Total Adult Patients Seen		Total Pediatric Patients Seen		Total Repeat Visits or Admissions < 30 days Adults		Total Repeat Visits or Admissions < 30 days Pediatrics	
	Emergency Department	Inpatient	Emergency Department	Inpatient	Emergency Department	Inpatient	Emergency Department	Inpatient
April-15	70	55	34	13	17	2	5	0
May-15	81	34	39	20	25	3	1	0
June-15*	57	37	17	9	20	1	0	1
TOTAL	208	126	90	42	62	6	6	1

SJHMC ASTHMA PROGRAM

- ❑ 6 indigent inpatients were given a 30 day supply of asthma management medications
 - ❑ 5 out of 6 have patients have not returned
- ❑ New discharge booklets a combination of previous discharge folder

PROJECT PROJECTIONS

ASTHMA PROGRAM SAVINGS PROJECTION

- 1.4 MILLION
- Reduction of 59 admissions
 - Reduction of 0.5 days
- 20% reduction in ED visits

Program Awareness

Breathe EASIER

St. Joseph's Healthcare System offers specialized care for patients coping with Asthma. Our inter-professional certified asthma education team includes Registered Respiratory Therapists (RRT), Advanced Practice Nurses (APN) and pharmacists, as well as physicians, case managers and paramedics – all available to offer Asthma education to our pediatric and adult patient population in our Emergency Departments and in-patient settings.

Each Asthma education encounter includes standardized asthma best practice guidelines, individualized to fulfill the needs of each patient. St. Joseph's is one of few hospitals in New Jersey to provide up to a 60 minute one-on-one educational session for Asthma patients, including pediatric and adult patient follow-up visits during the entire stay. This allows us to better assess the patient's readiness to learn, while maximizing the engagement to learn of both patient and family/caregiver. A patient's learning style and ability to learn are all considered before and during education. We also offer our Asthma education in Spanish.

In addition to our Asthma Program, St. Joseph's offers a tobacco treatment referral program. All of our Asthma educators and health care team members provide smoking cessation education. When a patient is identified who wishes to quit smoking, their information is then provided to our Certified Tobacco Treatment Specialists in order to enroll them into the St. Joseph's Healthcare System treatment program. Our program referrals also extend into other departments such as the St. Joseph's Radiology Department, which uses state-of-the-art cancer screening equipment. This inter-professional care allows us to provide excellent patient experiences.

If you have questions regarding the Asthma and/or tobacco treatment and Smoking Cessation programs at St. Joseph's, please contact Rachel Morales, MS, RRT, AE-C, CTTs, at 973.754.2415 or moralesr@sjhmc.org.

SJHMC Smoking Cessation Program

Provided by:  **St. Joseph's**
Healthcare System

Take Control and Breathe Easy Smoking Cessation Program



Let us help you take control by:

- Improving and preventing further health issues
- Eliminating your need to smoke
- Enjoying your time with your family and friends

Our team will support you with:

- Methods to stop smoking
- Recommended nicotine replacement therapy medications
- A 6-week peer counseling program with support of our certified tobacco treatment specialist team

Questions? Call Rachel Morales, 973.754.2415 or
Cloris Bustamante, 973.754.4562, for details.

Smoking Cessation Program

6-week class available for:

- June 2, 2015 - July 7, 2015
- September 15, 2015 - October 13, 2015
- October 20, 2015 - November 24, 2015
- January 12, 2015 - February 16, 2015

5:00 p.m. - 6:00 p.m.

11 Getty Avenue
400 Hospital Plaza Building, Rm L126
Paterson, NJ 07503 • Free Parking

Please register on the following link:

www.rsvpbook.com/SmokingCessation

Directions are provided on RSVP Book.
Space is limited.

www.StJosephsHealth.org • 877.757.5865 (7547) • Sponsored by the Sisters of Charity of Saint Elizabeth

St. Joseph's Healthcare System: St. Joseph's Regional Medical Center, Paterson, NJ • St. Joseph's Wayne Hospital, Wayne, NJ • St. Joseph's Children's Hospital, Paterson, NJ
St. Vincent's Nursing Home, Cedar Grove, NJ • Midway Health Services of NJ, Inc., Totowa, NJ

Approved for distribution by: Gloria Kuntz, VP, Operations, SJHS

SHS TAKE CONTROL AND BREATHE EASY BY J. KERS, LL

☐ 5 Certified Treatment Tobacco Specialist

☐ March 10, 2015

☐ 6 week sessions

☐ RN, RTs, LSW, and
Pharmacist

Challenges

Hospital

- ☐ Following NHBLI EPR-3 guidelines
- ☐ Notification

Asthma Staff

- ☐ Hybrid hospital patient's charts
- ☐ Clinic patients are paper only
- ☐ Need of a champion physician

Patients

- ☐ Medication Adherence
 - ☐ Cost
 - ☐ Medication Rx refill
- ☐ Follow-up appointment in PCP/clinics
- ☐ Denial
- ☐ Patients with illicit drug use

Next Steps

- ❑ ED flag alert for patients in ED < 30 days and inpatient flag alert < 30 days of a readmission
- ❑ Interdisciplinary team to receive alerts
- ❑ Asthma Navigator start relationships with patients and physicians
- ❖ Improve asthma self-care management
- ❖ Reducing asthma readmissions

Partnerships

- ❑ Continue our partnership with our FQHC
North Hudson Action Community Corp
(reporting partner)
- ❑ Partnership with PACNJ & ALA
 - ❑ Certified facilitator for Freedom For Smoking
- ❑ Meeting with LC1 Colleagues
- ❑ Establishing quarterly meetings with our
LC1 colleagues

Any Questions



THANK YOU

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”
Joshua J. Marine